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is, moreover, to be expected that with such limited and modest demands the authorities will be more inclined to keep pace with the progress of the times."

Dr. Martius lectures twice a week (*privatim*) on *Grundzüge der Psychologie* (with demonstrations), and directs research work one hour each day (*privatim* and *gratis*). Professor Neuhauser lectures on general psychology four times a week. Professor Nussbaum of the medical faculty lectures on the "Anatomy of the Sense-organs," Dr. Koch on the "Physiology of the Sense-organs," the former two hours, and the latter once a week. The latter also lectures on hypnotism, sleep and narcosis. Professor Schaeffhausen lectures on anthropology twice per week. Pflüger's "Seminar" is given over largely to subjects of great interest to the psychological as well as the physiological student. Meyer lectures four times a week in a charming manner upon history of pedagogy.

This concludes our description, which is of necessity "sketchy," and in a measure incomplete as to details. We shall take pleasure in answering inquiries of those wishing more detailed information.

UNCONSCIOUS SUGGESTION.

During the summer semester of 1891, I gave a course of lectures on hypnotism in the auditorium of the Burghölzli Asylum (Zürich) to the students of the medical faculty of the university. At one of the lectures the young and intelligent attendant K. from Würtemberg was used for purposes of demonstration. After a few suggestions he fell at once into a deep sleep. I then gave him various post-hypnotic suggestions of a hallucinatory character, which succeeded well. In a water-bottle he saw several gold-fish that were not there; he saw a suggested cat, felt of and stroked her, etc. I then suggested to him in hypnotic sleep that on waking he should feel a strong desire for defæcation and that he should ask me for permission to leave the room immediately. He was scarcely awake before he complained to me in a low voice and asked to be allowed to leave the room. I allowed him to go and thought no more about him. A few hours later the assistant physician told me that the attendant K. had been attacked with violent diarrhœa and vomiting, together with headache. He had attempted to suggest these symptoms way, but in vain. I had the attendant called to me, as it was evident that my suggestion had had a much stronger effect than I had intended—a thing that as good as never occurs with me. After K. had recounted the symptoms of his suggested cholera I hypnotized him again and declared briefly and decisively that all his symptoms were past and that in the future he would never again experience anything more than would be contained in my suggestions. On awaking he declared that he was perfectly well and departed. On the next day I asked him how he felt and he replied that he was perfectly well, with the exception of a slight headache. This astonished me, as I knew that headaches are very easily suggested away. I asked concerning the nature of these headaches and he answered me in these words: "I have had these headaches for two years (he had been only a few weeks in the asylum as attendant). At that time I had an inflammation of the lungs (pneumonia) and with it severe headaches. The physician said to me that these headaches would never leave me again, as they were an inheritance from my father. In fact I have never completely lost them since then. Sometimes they are more severe, sometimes weaker, but even when I am in the best condition I always have a dull feeling of pressure in the head."

This declaration of the young man opened my eyes. That he was very suggestible had been proven by the intense effect of the previous suggestion. It now seemed to me highly probable that his two year headache was nothing else than the result of an unconscious suggestion

on the part of the physician who had treated him for his pneumonia. I questioned him in detail. He said that his father had suffered his life-long with headaches, but that he himself had in his youth only temporary headaches. Only since the pneumonia, i. e., since the remark of the physician, had the headaches increased, and becoming completely localized, had never left him for a moment. I then declared to him categorically that the physician had at that time made a stupid remark, that the headaches were not an inheritance and could be easily removed and that I would now cure him completely. I hypnotized him again, laid my hands on both sides of his head, suggested a strong electric current (which was of course not present) and declared the headaches to be now completely and definitely past forever. When he awoke the headache was gone. And in fact this single hypnotizing was sufficient to remove the headaches, at least up to the present;—to be sure, only four months have passed. After exhaustive night-watches and the like he has a few times had temporary headaches, but the chronic trouble is over.

This case seems to me very instructive, because it shows how easily physicians without knowing it can produce sicknesses that are not present by means of pessimistic prophecies, by anxious looks or by making the patient anxious. These are diseases suggested by the physician; they are not imaginations of the patient, but can be really painful, obstinate and serious troubles. Just as suggestion can cure an existing sickness, so it can produce one that does not exist. It is a two-edged sword, but is dangerous only when used by people that do not understand it. For this very reason it is necessary that the subject should form part of a physician's training.

In earlier years I myself evidently committed the very same fault as the physician just mentioned. An attendant suffered, as on previous occasions, from disturbances of the digestions and said she had pains in the stomach. We made an investigation, palpated the stomach carefully, asked if she felt pains, to which she answered in the affirmative. We thought we had found the sore place, looked sober and ordered milk diet and strict rest in bed, for we thought we had found an ulceration of the stomach. The cardialgia and the painfulness for pressure on the particular place in question grew continually worse; the patient could scarcely retain the milk, became emaciated and lamented much. Nevertheless no hemorrhage followed and otherwise no objective symptom could be discovered. For several months we kept her in bed. Gradually she recovered; yet for years the stomach remained very sensitive and we really believed that an ulceration of the stomach had taken place. After I had at a later date, 1887, through Bernheim in Nancy, become acquainted with suggestion, I hypnotized this attendant also. She proved to be extremely suggestive; everything succeeded with her, even the most absurd and intensive effects. It was a light matter to produce complete health in her case. Since that time we have had no occasion to trouble ourselves about her health. In the two other institutions in which she has since been employed it has remained excellent. In my mind there is not the slightest doubt that her former long sickness, together with the emaciation and debility, was called forth by our anxious investigation and the strict regulations made through fear of a perforation of the stomach. She surely had no ulceration of the stomach, and if we had at that time been acquainted with suggestion we could have cured her digestive troubles, together with the cardialgia and pains from pressure, in a few days.

PROF. A. FOREL.

EYE TESTS ON CHILDREN.

Tests on the strength of sight were made in the public schools of Worcester, Mass., U. S. A., in connection with the physical measure-